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Title: Artificial intelligence and e-health for inflammatory bowel diseases: The quest to enhance patient experiences, outcomes and costs

Issue Date: 2020-12-10

Stellingen behorend bij het proefschrift getiteld

Artificial Intelligence and eHealth for Inflammatory Bowel Diseases

The quest to enhance patient experiences, outcomes and costs

by Aria Zand

1. There is still a tremendous psychosocial and economic impact of Inflammatory Bowel Diseases that has not been sufficiently addressed. (*this thesis*)
2. The Triple Aim is applicable to chronic conditions like Inflammatory Bowel Diseases, where rising healthcare expenditures are a major problem, patient experiences need improvement and outcomes are not fully optimized. (*this thesis*)
3. Electronic health (eHealth) interventions are a potential solution for more effective care management beyond the clinical setting. (*this thesis*)
4. It is feasible to successfully run complex Artificial Intelligence (AI) models on large data sets of IBD patients. (*this thesis*)
5. We are at the forefront of disruptive innovation through digital health that is predicted to transform healthcare and redefine personalized medicine (*Yin et al. Journal of Medical Internet Research, 2019*)
6. With the increased use of Electronic Medical Records, which has doubled in size since 2005, analyzing patient data is easier now than ever (*Derrington D. Artificial Intelligence for Health and Health Care, 2017*)
7. Studies have shown the effectiveness of mobile applications but also that patients still desire improvements to existing solutions (*Stunkel et al. American Journal of Gastroenterology, 2019*)
8. It is important to note that an inverse relationship exists between variation in care and quality of care delivered to an individual (*Weaver et al. Inflammatory Bowel Diseases, 2016*)
9. The ability to observe without evaluating is the highest form of intelligence (*Jiddu Krishnamurti, 1970*). It is imperative to not cloud your judgements.

10. Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing (*Adidas, 2004*). Persistence is the key to success.
11. None can destroy iron, but its own rust can. Likewise, none can destroy a person but his own mindset can. (*Ratan Tata, 1991*). The power of one's own mind mustn't be underestimated.
12. Notice that the stiffest tree is most easily cracked, while the bamboo or willow survives by bending with the wind (*Bruce Lee, 1975*). You have to adapt to changing circumstances in order to survive.